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YOUR JUNOS GUIDE

THE TWO-DAY JUNOFEST FEATURING ACTS LIKE YOUNG BENJAMINS IS A LINEUP HIGHLIGHT

PAGE 8

DAY OF PINK A HIT AT RCMP DEPOT

RCMP officers, St. Mary School and the Red Cross joined forces on Wednesday for a march in honour of the International Day of Pink. The parade started at 12:30 p.m. at the RCMP Heritage Centre and went across the RCMP training facility to a rally in a drill hall. Students marched alongside officers, cadets, staff and volunteers to show the community that no one is alone in the fight against bullying. JEFF MACKEY/METRO

More defibrillators needed at job sites, Sask. HSF says

Heart-attack deaths up. Workers' Comp. Board to investigate how 15 workers died of cardiac arrest on the job last year

ALYSSA MCDONALD
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A threefold increase in Saskatchewan's workplace heart-attack deaths in one year is prompting the province's Workers' Compensation Board to look closely at access to defibrillators at job sites.

Phillip Germain, vice-president of prevention and employer services with WCB, says they plan to "dig deeper" into how the 15 workers — who were of diverse ages and employed in various industries — died of cardiac arrest on the job in 2012.

"(We will) do some more research in terms of what is going on, and if there is something we can do to help employers and workers prevent heart-attack-related fatalities," Germain said.

"(It) could be something that comes out of the recommendations that we have, is that more and more of these workplaces should have access to these defibrillators."

The Heart and Stroke Foundation of Saskatchewan (HSF) views the sharp rise in cardiac-arrest deaths as evidence that far more automated external defibrillators (AEDs) are needed at job sites and public places.

"For a lot of employers, it's up to them on whether they put one in," said Carl Yaworski, the HSF's resuscitation program manager. "We would like to see AEDs become as common as fire extinguishers in the workplace."

An AED, along with CPR, pushes the survival rate in heart attacks up to 75 per cent from about seven to 10 per cent, the HSF says.

Labour Relations and Workplace Safety Minister Don Morgan said Tuesday, after the WCB's annual report was released, that it's "difficult to drive down the heart-attack rate because that is a broader health issue."

Saskatchewan has no legislation or requirements regarding defibrillators, either for job sites or public places. Manitoba passed a law in 2011 stating that most public areas must have AEDs by January 2014.

In case of emergency

320

The Regina Qu'Appelle Health Region has 320 AEDs in public places such as malls, libraries and community centres in the city area.

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Getaway caper.
Prisoner used razor blade to threaten guard and escape: Minister

A prison inmate escaped from a Saskatoon hospital by holding a razor blade to a guard's throat while he forced a second guard to take off the shackles, a corrections official says.

The escape happened on Tuesday while guards were helping the prisoner go to the washroom, Corrections Minister Christine Tell said.

"This particular prisoner was shackled to the bed and for this prisoner to use the washroom ... you have to unshackle them from the bed," Tell said.

"If the inmate had a razor blade at your throat, you would likely comply with whatever he wanted the person to do."

She could not say how the inmate got hold of the razor blade.

She said a review will determine whether proper procedures were followed.

"It doesn't happen often where we have inmates escaping like this," she said. "This prisoner was guarded, two guards, 24-7 for the number of days that he was in the hospital."

The guards were not hurt. Saskatoon police caught the inmate later on Tuesday.

Steven Eric Best, 29, was serving time for weapons offences and now faces charges of assault with a weapon, unlawful confinement and escaping lawful custody.

Best is scheduled to appear in Provincial Court on Thursday.

THE CANADIAN PRESS

The Scotland-bound young women in the Youth Ballet Company of Saskatchewan are excited about performing for audiences at the prestigious Aberdeen International Youth Festival this summer. ROSS ROMANIUK/METRO

Regina dancers to make international debut

A 'very big deal'.
Festival in Scotland marks a first for Saskatchewan's dance community

ROSS ROMANIUK
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After putting years of work into their craft, some young, elite Regina-based dancers are preparing to strut their stuff on a prestigious international stage.

The 13 young women with the Youth Ballet Company of Saskatchewan will perform this summer at an arts event in Scotland, and their appearance there will be a first for the province's dance community.

"It's a very, very prestigious performing-arts festival," Connie Moker Wernikowski, artistic director for the company's Scotland project, said of the event in Aberdeen. "It's the best youth performers from around the world, in dance, music and drama."

The group's contemporary ballet performances during a 10-day span at the renowned Aberdeen International Youth Festival will be a significant step up from its occasional gigs around Saskatchewan and elsewhere in Western Canada.

"This is something entirely new, and very exciting," said 18-year-old Cadie MacPherson, noting that the Aberdeen festival accepts only performers of a certain high calibre following a thorough selection process.

"I'm excited, more than nervous," said Kaitlyn Kasha, the youngest of the dancers, at age 14.

"It will be a really special time because there's so much opportunity for us to work together and grow as people, and as dancers."

Their planned 10 performances in Scotland in late July and early August will mark the first time a dance troupe from the province has taken a stage at the Aberdeen showcase.

Moker Wernikowski calls it a "very big deal" for dance, and arts in general, in Regina and Saskatchewan.

"We're showing the world that Saskatchewan has incredible talent, creativity and hard work," she said. "For our young dancers, it's an amazing opportunity."

Is Canada failing its children?

Nation ranks 17th out of 29 wealthy countries when it comes to the well-being of our children, according to a new study from UNICEF, the United Nations children's agency.

THE CANADIAN PRESS

Photos: Torstar News Service/Getty Images/The Canadian Press File

Ranking 'isn't good enough': UNICEF Canada

UNICEF graded the 29 countries in five categories and Canada's best ranking was 11th in the area of housing and environment. David Morley, UNICEF Canada's president and CEO, says the report shows there's a lot of work to be done.

"The fact that our children rank in the bottom half when compared to other industrialized nations simply isn't good enough," Morley said.

Youth smoking pot, not smokes

Canada scored third-best on smoking, with UNICEF saying only four per cent of children aged 11, 13 and 15 reported smoking at least once a week.

The same can't be said for cannabis, with Canada sitting 29th and last with 28 per cent of children saying they have used cannabis within the past year.

Bullying still a major concern

Canada ranked 21st in bullying, with 35 per cent of children aged 11, 13 and 15 reporting being bullied at school at least once in the past couple of months.

More than 1 in 5 have bloated BMI

When it comes to obesity, Canada is third from the bottom, with 20.24 per cent of children aged 11, 13 and 15 deemed overweight based on the body mass index.

A substandard well-being

Canada ranked 14th in educational well-being, 15th in material well-being, 16th in behaviour and risks and a low 27th in health and safety. "It is clear Canada can do better," Morley said. "Protecting and promoting the well-being of our children must become a national priority."

Dutch top list as Canada plummets

The Netherlands remains the overall leader in the study and is the only country ranked among the top five in all dimensions of child well-being.

Meanwhile, Canada's overall ranking drops seven places to 24th when children's views of their own life satisfaction are measured. Only five Eastern European countries rank lower than Canada in this category.

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"Number one job site" based on six-month average online job postings for period ending February 28, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

A woman in July 2011 at the grave of one of many newly identified victims of the 1995 massacre in Srebrenica during the Bosnian war. SEAN GALLUP/GETTY IMAGES FILE

Canada boycotts UN justice meeting

War crimes.
Ambassadors protest Bosnian victim being thrown out of meeting

Canada, the United States and Jordan boycotted a meeting on international criminal justice organized by the Serbian president of the General Assembly on Wednesday, offended that it didn't include Bosnia's war victims, and attacked the UN war-crimes tribunal for the former Yugoslavia.

To protest the victims' exclusion, the UN ambassadors from Jordan and Liechtenstein hosted a press conference for two victims groups — the Mothers of Srebrenica and the Association of Witnesses and Survivors of Genocide — while assembly president Vuk Jeremic, the former foreign minister of Serbia, presided over the assembly meeting.

Munira Subasic, president of the Mothers of Srebrenica, who lost 22 close family members in the 1995 massacre by Bosnian Serbs, said she was allowed into the assembly meeting as "a silent observer." She listened as Serbia's ultra-nationalist President Tomislav Nikolic criticized the Yugoslav tribunal.

She believed that Nikolic was denying the genocide in Srebrenica, so she said she put on a T-shirt she had brought as a gift for Secretary-General Ban Ki-moon, which said: "Justice Is Slow But It's Reachable."

"All of a sudden I was surrounded by security of Vuk Jeremic" and escorted out of the conference room, Subasic said.

In a lengthy speech soon after, Serbia's Nikolic protested against the "lynch-mobbing of Serbia" and accused the Yugoslav tribunal of "selective justice" by seeking to punish Serbs while overlooking the crimes of Bosnians and Croats.

Aware of the controversy, Ban gave his "full and unequivocal support" to all international tribunals in an opening speech. THE ASSOCIATED PRESS

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Porter Airlines reveals long-haul ambitions

Controversial plan. Expansion hinges on being allowed to land jets on T.O.'s waterfront

Bob Deluce, left, president and CEO of Porter Airlines, sits with Bombardier's president Mike Arcamone in a Bombardier CS100 aircraft Wednesday. Deluce announced the airline's purchase of 12 of the planes, with an option for a further 18, at a news conference in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Porter Airlines unveiled an ambitious plan to become the third national carrier on Wednesday after signing an agreement to buy a dozen new Bombardier CS100 jets and expand the cities where it flies.

But the company faces several significant hurdles along the way as it seeks to change the rules and extend the runway at the small waterfront airport where it's headquartered in Toronto.

Porter president and chief executive Robert Deluce says he's confident enough that his airline will prevail that he doesn't have a backup plan.

"Our plan is predicated on us being able to get the approvals that we need in order to be able to operate these airplanes," he said after a media event held at Billy Bishop Toronto City Airport. Jets are not allowed to fly out of Billy Bishop, which is on an island near the city's lakefront, except under special circumstances.

The current rules are part of a tripartite agreement between the City of Toronto, the federal government and the Toronto Port Authority — making it difficult to get quick action from the necessary authorities.

Deluce said the airline plans to fly the jets to destinations such as Vancouver, Los Angeles and Florida that its current fleet of turboprops can't reach. Porter will also seek permission to extend the main runway at the airport by 168 metres at each end. THE CANADIAN PRESS

U.K. Retailers ration baby milk powder to cope with surge in Chinese demand

Demand for baby milk formula is surging in Britain, but it seems likely the powder is going to babies thousands of miles away.

British retailers said Wednesday they are limiting purchases of baby milk powder to two tins per customer after noticing some people were buying unusually large quantities in stores, apparently to export to China for profit.

Danone, the dairy manufacturer, said it has significantly increased production of powdered baby milk in response to the bulk-buying trend.

"We understand that the increased demand is a result of unofficial exports to China to satisfy the needs of Chinese parents who want international brands for their babies," Danone, which makes Aptamil and Cow & Gate baby formulas, said in a statement.

Baby formula made by foreign brands is in great demand in China, where parents have been wary of local dairy products since a contaminated milk scandal left six babies dead in 2008. THE ASSOCIATED PRESS

A sign limiting the purchase of baby milk formula powder hangs on a shelf in a supermarket in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Sticky situation

BMO lauded for being nice to mice

BMO is getting a Compassionate Company Award and a big box of vegan chocolates shaped like mice from People for the Ethical Treatment of Animals. After learning from PETA about the cruelty of using sticky glue traps to kill mice, BMO banned the devices from its approximately 900 locations nationwide. METRO

Market Minute

DOLLAR 98.58¢ (+0.18¢)

TSX 12,534.91 (+50.85)

OIL $94.64 US (+ 44¢)

GOLD $1,558.80 US (-$27.90)

Natural gas: $4.10 US (+8¢)
Dow Jones: 14,802.24 (+128.78)

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"Mr. Cohen has perfected the arena concert as a miraculously hushed ritual"
New York Times, December 2012
"★★★★★"
"...he captivated, charmed and conquered a sold-out audience"
Variety, November 2012
"★★★★★"
"If you only see one concert again in your life, make it a Leonard Cohen gig."
Vogue (UK), September 2012
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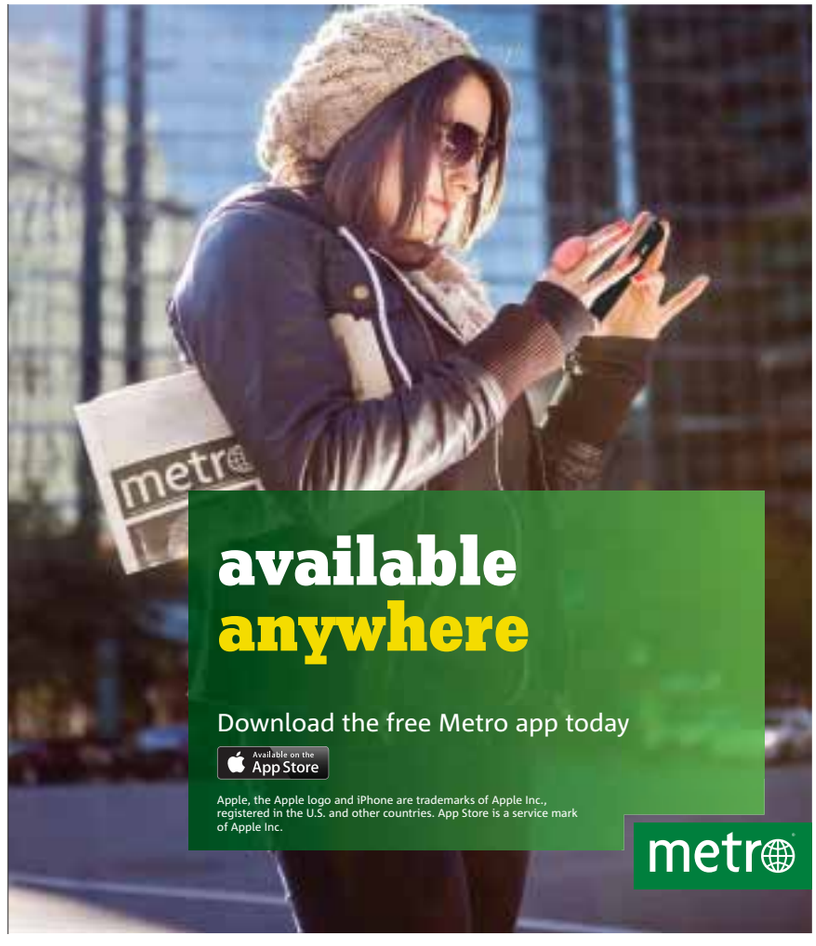
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NEWS NOT FIT FOR PRINT

HE SAYS

John Mazerolle
metronews.ca

I have a lot of esteemed titles — freelance writer, ex-husband, that guy in Metro — but none bring me more respect than editor-in-chief of Canada's most dignified newspaper, The Beaver Examiner.

Perhaps you've heard of it. With mission statements to "keep fake news real" and "treat every week like shark week," The BeEx has been bringing insightful Canadian news to reader(s) since 2005, updated any time — day or night — once every several months.

As you'll see below, The Beaver Examiner is unencumbered by fact-checking, spelchecking or any of the other quaint traditions that hold back so many newspapers (seven worldwide as of press time). Enjoy and be enlightened!

The Beaver Examiner News Briefs: Proudly Independent From Facts

- Rescuers Say 751,171 People Stranded In New Brunswick NEAR THE N.B. BORDER – Emergency crews are being urgently dispatched to the province of New Brunswick today, after it was discovered that 751,171 people have been stranded there for the entire winter.

Rescuers said they are having a difficult time accessing the area, due to a lack of affordable airfare and fear of becoming stranded themselves.

"We're hoping for the best, but we hear there may be 69,000 people in Moncton alone," said rescue co-ordinator Kerry Chandler, choking back tears.

Chandler said it was the most shocking disaster he and his staff can recall since rescuers stumbled upon several million people crammed into squalid conditions in downtown Toronto.

- Unusually Skilled Witness to Shooting Knew Immediately Gunshots Were Gunshots VANCOUVER – Burnaby resident Tom Mayer, a skilled witness to tragedy and unusually adept innocent passerby, knew immediately that a gunshot he heard while leaving a bar in the Vancouver downtown was a gunshot.

"I heard a 'pop, pop' sound and I thought 'gunshots!' right away," the wise-beyond-his-peers Mayer said. "Definitely not a firecracker, firework, or car backfiring." Mayer said the tragedy that injured four didn't seem at all like an action movie, "because that's kind of stupid."

Mayer said he picked up his witnessing acumen years ago when he saw a Cessna crash that he knew instantly had nothing to do with terrorism.

- Prone Man Criticizes Goaltender's Positioning WINNIPEG – Rick McHutchion, a Manitoba man who had been lying on his back on his couch for almost three hours, expressed disgust at the positioning of Winnipeg Jets goaltender Ondřej Pavelec during Tuesday's game against the Buffalo Sabres.

"He looks terrible out there," said McHutchion, as he fished awkwardly for the final chip in a bag resting on his ample stomach. "He should be embarrassed."

McHutchion added that the Winnipeg defence is lazy, and that he'd change the channel in disgust if the remote wasn't so far away.

And that's a look at the award-wanting news coverage The Beaver Examiner brings every single day that I feel like it.

Check in next week when we'll examine a new survey that shows that nine out of 10 government scientists, when asked about being "muzzled" by the federal government, said "Mphm! Mphm!"

ZOOM

Why take the stairs when ...

SOLENT NEWS AND PHOTO AGENCY

... sliding into the office is a breeze

British IT company Peer 1 Hosting has unleashed the most enjoyable office ever. Their design makeover came complete with cinema, pub, pool table, golf course, tree house and giant helter-skelter slide. METRO

Other fun offices

- **Google:** Zurich. It's fitting that the tech giants put effort into their office. There is a rule to be never more than 100 metres from food, while an aquarium and library provide relaxation.
- **Comvert:** Milan. The clothing company has an indoor skating rink suspended above their desks to blow off steam.
- **DTAC:** Bangkok. Mobile-phone providers have a whole building and a floor for activities, featuring indoor soccer, table tennis, running track, and concert hall.
- **Selgas Cano:** Madrid. This architecture firm has designed their building to blend into the Spanish forest.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Most of us amateurs have strengthened our Instagram chops considerably since those heady early days of documenting pets, parks and undeserving food. But we still have a long way to go before catching up to these iPhone-slinging pros.

AikBeng Chia:
With iPhone in pocket, AikBeng Chia wanders the streets of Singapore to provide a series of all-hours glimpses of the city's people, art and architecture. @aikbengchia

Robert Paul Jansen:
A Dutch photographer who whiles away his spare hours by shooting the beautiful, frequently fog-shrouded Netherlands landscape. @robertpauljansen

Benedicte Guillon:
A Paris street photographer with an uncanny eye for capturing one of the world's most photogenic cities. Vacation vicariously in your pocket. @iphoneographic

Twitter

@metropicks asked: @Oprah is in trouble for backing skin cream derived from baby foreskins. What's your not-so-sketchy beauty secret?

@MisterInsight: I don't use any product, natural beauty is as fine as it comes

@jpadamson: Coconut oil as a hair conditioner and as a moisturizer. Smells great! Moisturizing! And you smell delicious!

Follow @metropicks and take part in our daily poll.

Letters

RE: Daredevil Raccoon Performs High-Wire Stunt, published April 9

I can have positivity with regards to raccoons. I'm positive they are a health hazard. I'm positive they are a pest. I'm positive there needs to be a raccoon control program.
Myworkisdonehere posted to metronews.ca

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SCENE 2

Young Benjamins are just one of the many Saskatchewan acts that will be playing Junofest on April 19 and 20 this year. JEFF MACKEY/METRO

Do you know about Juno?

Get a plan in place. Canada's biggest music awards show comes to Queen City and here's your guide for what to see and do

BACKSTAGE PASS
Jeff Mackey
jeff.mackey@metronews.ca

Whether you love, hate or are completely indifferent toward the Juno Awards, there is no denying this: Regina is going to be a rather fun and interesting place to be for one week at the end of April.

And let's face it — people don't often say that about the Queen City.

On account of the week-long build-up to the nationally televised awards show, there is no shortage of places to go, or events to stumble onto while it's in Regina and Moose Jaw. Here is a guide to getting the most of your Juno Week experience.

First and foremost, ladies and gentlemen, dress for the weather.

Given the cursed, wretched winter that this city has endured, one might think we would get a reprieve while we host the Junos — but it isn't looking that way.

The weather will most likely go one of two ways. It will either: A) remain cold and miserable (lame) or B) warm up and be all floody and wet (also lame).

My suggestion is to make the best of it, pull out the rain boots and earmuffs, and hit up the outdoor events and bar patios no matter the weather. Show the rest of Canada what Reginans are made of.

As far as the music goes, I could care less about the big gala itself.

Then again, I have never been one for the pomp and pageantry of award shows. No, my attention will largely be directed toward Junofest, the two-day music festival leading up to the awards.

On April 19 and 20, more than 100 performers will play at more than 15 venues in Regina and Moose Jaw. Regina venues include the Artesian, the Artful Dodger, the Exchange and the Owl, among others.

Each venue will host a lineup of four local and national artists each night. You can pay for the shows individually ($15-$27.50 tickets) or pay $30 for a wristband and hop between shows over both nights.

My recommendations for this righteous festival?

Well, the hippest night will be Friday at the Owl, with Indigo Joseph, Rococode, Hannah Georgas and Yukon Blonde.

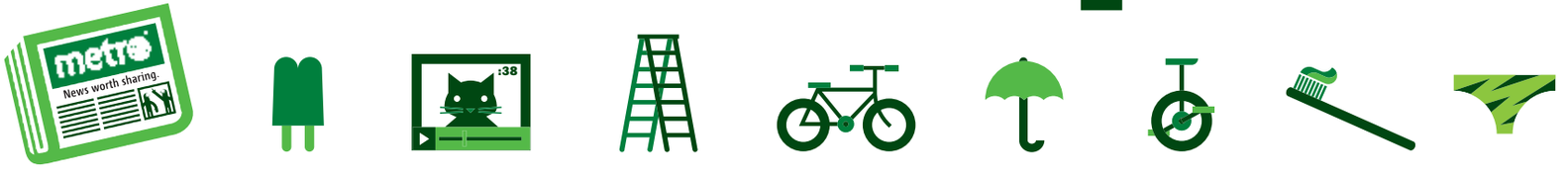
Seriously, that is an absolutely incredible lineup filled with up-and-coming Canadian acts.

On the Saturday, I suggest heading to the Exchange to check out Shooting Guns, The Pack AD, One Bad Son and Monster Truck for a slightly more intense evening.

Also, if you're a fan of CBC's Q with Jian Ghomeshi, he's doing a live show at the Conexus Arts Centre on April 18 with k.d. lang, Tom Cochrane, Dragonette, Bahamas and Corb Lund, that sounds like a must-see.

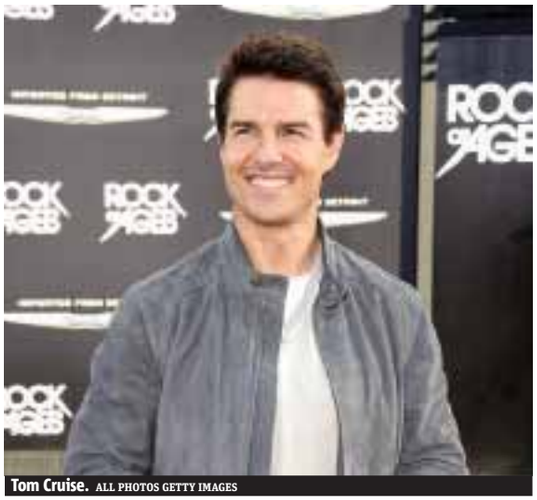
But really, so many great acts will be here during Juno Week that even if you're at a great show, you will feel like you're missing something — kind of like South by Southwest, but colder and in Saskatchewan. Let's just call it Central by North Central.

Sharability



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise admits to being caught off guard by divorce

Tom Cruise is finally opening up about his divorce from Katie Holmes, which caught most of Hollywood off guard. And it turns out it caught Cruise off guard as well.

"I didn't expect it," he says in an interview with German TV station ProSieben.

"To be 50 and to have experiences and to think you have a grip on everything, and then it hits you — this is it, what life can do to you. Life is a tragicomedy. You need to have a sense of humour."

The Word

Gosling has kind words to say about Britney Spears

Growing up as co-stars on the Mickey Mouse Club made for some interesting run-ins between Ryan Gosling and Britney Spears — at least to hear Gosling tell it.

"Britney was a sweetheart," Gosling tells the U.K.'s Sunday Times magazine.

"She lived right above me, the girl next door. The little girl I used to play basketball and spin the bottle with."

Their other Club-members included Justin Timberlake, Christina Aguilera and Keri Russell.

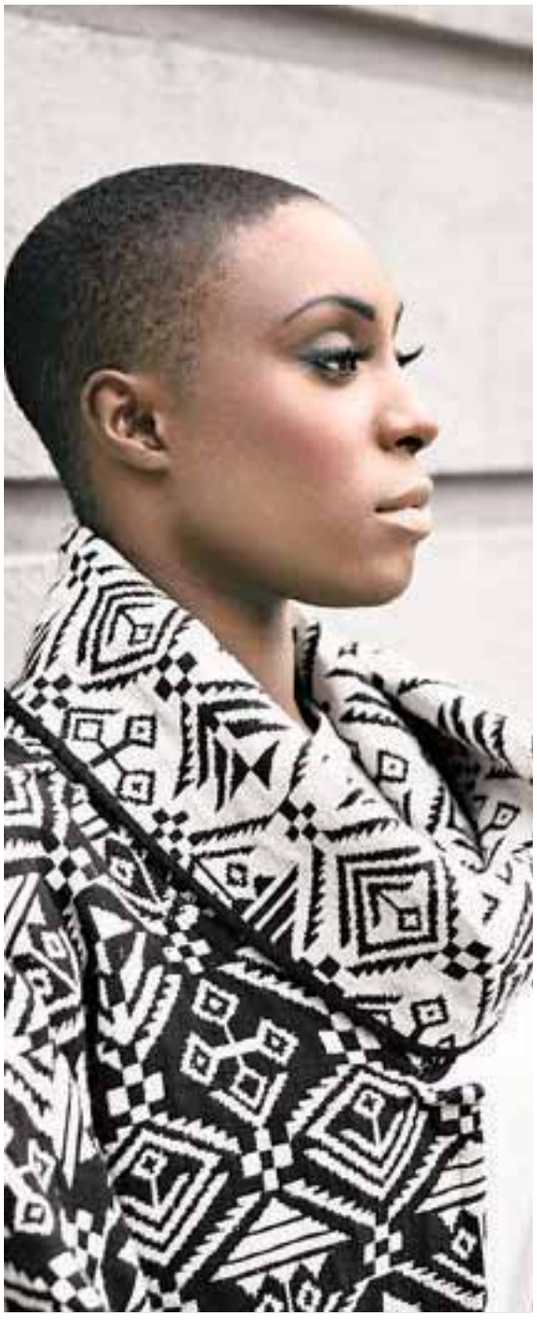
"I mean, sometimes you are at the same event, but it's a lot like I imagine what it's like to run into someone from elementary school," he says of how the old gang relates to each other now.

Katy Perry.

Perry ridding herself of Brand

Katy Perry is quickly unloading any remnants from her marriage to Russell Brand, including the Hollywood Hills home he bought in 2011 and then relinquished to her following their divorce, according to Us Weekly.

Perry is listing the seven-bedroom, 11-bath home for $6.925 million. It sits on a three-acre compound near the Chateau Marmont.



LAURA MVULA

British singer Laura Mvula sounds like Nina Simone and is being called the next Adele. She talks to us about her personal style.

'I'M AN EXPLORER'

KENYA HUNT
Metro World News in London

Laura Mvula's anthemic single, That's Alright, is a declaration against all of the unrealistic beauty standards promoted in magazines that make women second-guess themselves: "I will never be what you want and that's alright. Cause my skin ain't light and my body ain't tight. And that's alright."

So it's not surprising that the Brit who is often described as this generation's answer to Nina Simone would be equally secure in her sense of personal style.

As she prepares to go on tour in support of her new album, Sing to the Moon, she opens up about her natural hair, crush on Vivienne Westwood and weakness for big heels.

Styling around her natural hair

"My hair is very short, so it's important for me to feel soft and feminine. I like to think I'm a warm person. I like to soften my image as much as possible so that my short hair isn't overly strong or intimidating."

Her stage persona versus her off-duty one

"I think the two go alongside each other. Even things like being practical, which isn't my strongest point as a person. Sometimes I'm standing at a keyboard, and I want to wear my big heels. I love my big heels. But even though I might have a specific image and vision in my head, it also has to be comfortable for me to wear. I think what I wear will change as I work with bigger ensembles. At the moment simplicity is really important to me. I want to come off the stage feeling comfortable, like I've been able to move and not think about this wrap falling off my head or the length of my skirt."

On figuring out her look

"I'm an explorer. My dad used to say that I was always the kid in the wardrobe trying on ridiculous pieces together and thinking somehow that they would work. I think a lot about my style and my image, which is really important to me. Even though I do feel like a baby when it comes to fashion. I still feel very much at the beginning of it all."

Her ultimate fashion fantasy

"I dream about Vivienne Westwood. When I was getting married, I spent a lot of time dreaming about her dresses. But to have this kind of (professional) opportunity makes (her clothes) more attainable. I've worn some of her pieces before. They're so elegant, pretty and feminine."

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Canadian maple syrup helps to create a crispy wok winner

GAV MARTELL
Yummymummyclub.ca

This recipe serves four to six. GAV MARTELL OF YUMMYMUMMYCLUB.CA

Rather than using sugar, this dish calls for some Canadian maple syrup for sweetness. The sweetness contrasted with the zip of the red wine vinegar makes this Crispy Maple Beef a morsel by morsel mouth-pleasing wok winner.

Ingredients

- 1 lb stir-fry beef
- 1 1/2 tsp baking soda
- 3 tbsp water
- Vegetable oil
- 1 cup cornstarch
- 1 large egg white, lightly beaten
- 1 tsp sesame oil
- 3 cups prepared white rice

Sauce

- 4 tbsp maple syrup
- 4 tbsp red wine vinegar
- 2 tbsp soy sauce
- 1 tsp cornstarch

1. Mix the beef, baking soda, and 3 tablespoons of water in a medium bowl. Cover, and refrigerate for 4 hours or overnight (the baking soda will tenderize the steak).

2. To make the sauce, mix the syrup, vinegar, soy sauce and cornstarch in a small bowl. Set aside.

3. Heat a wok over high heat. Add enough vegetable oil to come about 1 1/2 inches up the sides of the wok, and heat to 375 degrees F. Meanwhile, add the cornstarch and egg white to the beef, and mix well to coat.

4. Cook the beef one small batch at a time (about 1/2 cup) so that it does not bring the temperature of the oil too low. Stir gently until it begins to look crispy, about 1 minute. Using a wire mesh strainer, transfer the beef to a colander to drain. Remove any fried bits from the wok.

5. Return the beef to the wok, and fry again until crispy all over, about 2 minutes. Transfer to a strainer to drain. Discard all but 1 tablespoon of oil from the wok.

6. Return the wok to high heat. Add the beef, sauce mixture and sesame oil. Stir-fry until all of the ingredients are well blended, about 30 seconds. Serve immediately over steamed rice. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

For your phone

Swirl It! (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
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A wine diary to remember the wines you've had at the restaurants you visit. "Swirl" the good ones and "Spit" the bad, then watch the app figure out your palette.

Dinner. Steaks with Seared Mushrooms and Red Wine Vinaigrette

Ingredients

- 4 beef tenderloin steaks, each about 6 oz and 1 1/4 inches thick
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 3 thick slices bacon, cut into 1/2-inch dice (2 oz)
- 1/3 cup finely diced red onion
- 8 oz cremini mushrooms, stems removed, each cut into quarters
- 2 tbsp finely chopped fresh chives

Vinaigrette

- 3 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 2 garlic cloves, minced

1. Brush steaks on both sides with oil and season with salt and pepper. Allow to stand at room temperature for 15 to 30 mins. before grilling.

2. Prepare grill for direct cooking over high heat (450 to 550 F) and medium heat (350 to 450 F) and preheat a perforated grill pan over medium heat.

3. In skillet over medium-low heat, cook bacon and onion, 8 mins., stirring occasionally. Remove from the heat.

4. Combine vinaigrette ingredients, including 1/4 cup oil, 1/2 tsp salt and 1/4 tsp pepper; whisk until smooth. Put mushrooms in bowl and add 1/4 cup vinaigrette. Mix well. Reserve remaining vinaigrette.

5. Grill steaks over direct high heat, with lid closed, until cooked to your desired doneness, 10 mins. for medium rare, turning once or twice. Remove from grill and let rest 5 mins.

6. Spread mushrooms in single layer on grill pan and grill over direct medium heat, with lid closed, 8 min., turning once. Don't move mushrooms until bottom sides are nicely browned. Transfer to skillet with the bacon and onions and warm over medium heat for about 1 min., stirring often. Add chives and mix well. Serve steaks warm with mushroom mixture spooned on top. If desired, whisk the reserved vinaigrette and drizzle some over each steak. **NEWS CANADA**

This designer eye stays Canadian

Shop the tried-and-true retailers that were born here

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With the recent hoopla about new fashion and decor retailers invading Canada, I thought I'd pay homage to the home decor retailers who have been born and bred in this country.

I've always believed we have consistently been home to the best, and with a good style-eye, anyone can find attractive, on-trend home decor items for less than what others might expect.

The trick to an interesting decor is to mix various price points and styles that compliment each other. If you are looking for some well-priced accessories, here's a list of my favourite items from nationally available — and Canadian-born — retail and online stores.

EQ3

Born 12 years ago, the Winnipeg-based furniture manufacturer now has 11 stores in Canada and a comprehensive website that allows online shoppers to purchase affordable modern furnishings from coast to coast. Made in Canada upholstered furnishings are great quality and excellent value.

Matt Rocker, $599, eq3.com

Urban Barn

Founded by two high school friends 23 years ago, BC's born-and-bred home furnishings retailer boasts 41 locations and a comprehensive website. Trend-conscious shoppers can find amazingly priced furnishings and home accessories that change seasonally. Look for semi-custom furniture and carpets, trendsetting decorative objects and art. My favourite piece at the moment is a modern deco inspired bookcase that would act perfectly as a room divider as well.

Biblioteca Bookcase, $699, urbanbarn.com

New York Duvet Cover Set, from $130, simons.ca

Simons

The esteemed family-owned retailer from Quebec has been in the fashion and housewares business for more than 170 years — it recently opened a new store in Edmonton. Canadians can even shop for their home decor online. Its bedding and tabletop linens always please me and Simons' imported lines are hard to find elsewhere. I am always impressed with the bedding: great quality, well priced and some very interesting designs.

Homesense

The domestic spin-off of discount fashion retailer Winners, Homesense boasts prices 20 to 60 per cent less than other retailers. With around 90 stores coast-to-coast, savvy home decor shoppers are sure to enjoy quality brands at discount prices. Homesense is my go-to for decorative pillows in designer styles, fabrics and fills (many have posh down/feather fills) that would cost five times the price elsewhere.

Designer-style pillows, from $14, homesense.ca

Over-dyed semi-antique patchwork rugs, from $200, ecarpetgallery.com

eCarpetGallery

Based in Montreal, this importer of new, vintage and antique rugs is known for its free shipping, fast delivery and exceptional pricing. Without a showroom and commissioned sales staff, this online business can offer the best prices in Canada. The rugs are imported, handmade and, in many cases, vintage, which makes them classics to collect and keep forever. Right now I am crazy for the over-dyed Persians and patchwork rugs that are a fraction of the cost of the high-end rug retailers.

Tenant insurance. Give yourself peace of mind

So, you have found your ideal apartment — a two-bedroom basement paradise or a mid-town penthouse or a fantastic south-facing one-bedroom condo. Now it's time to move in right away, right? Sure, start packing, but make sure you also budget for tenant insurance

Perhaps you think you don't need it because you are only renting and you don't own any fancy stuff. But what if something happened — would you have enough set aside to replace all your belongings and to find temporary housing? If you said no, Pina Ferraro-Novello, a corporate underwriter with Desjardins General Insurance Group, would like you to reconsider.

"Tenant insurance is necessary because it protects your property and also covers you in the event that you accidentally cause damage to the property of others," Ferraro-Novello says. "For example, if your bathtub overflowed and flooded the apartment below, destroying your neighbour's property, tenant insurance would protect you. Luckily, it's a simple and affordable coverage. Also, if you're a student, your parents' policy might automatically extend coverage to you at school."

What's typically covered by tenant insurance?

This type of insurance protects you from damage, like fire, theft, certain water damage and vandalism. If your apartment is seriously damaged as a result of an insured loss, tenant insurance would also typically cover your additional living expenses while it's being repaired. Tenant insurance also provides liability coverage if someone gets hurt because of your negligence, like slipping and falling on a wet floor in your apartment, for example.

How much coverage do you need?

The total cost of tenant's insurance will depend largely on the value of your contents. Most renters tend to underestimate what it would cost to replace their belongings. It's smart to take an inventory, including photos, which only takes a few minutes and will make things a lot easier if you experience a loss.

Start by walking from room to room and itemize all the contents.

NEWS CANADA

Before purchasing, research the pros and cons to buying a new condo versus a resale one. PHOTOS.COM/THINKSTOCK

New or used: Which is best suited for you?

RICHARD WOODBURY
For Metro

Newer isn't always better. That's the bottom line when it comes to purchasing a condo since there are many pros and cons to buying a new condo versus a resale one.

Perhaps the biggest advantage to buying a new condo is it will likely be more modern in style.

"You're getting a new product with today's features and finishes," says Josh Nelson, a real estate agent with Royal LePage Foothills in Calgary.

This will also likely include a warranty.

As well, buyers will be able to make the unit more their own by selecting finishes and upgrades.

The condo fees may be lower in a new building, but that isn't necessarily a good thing.

"That's also a big negative in my opinion, in that most of the developers … set these condo fees too low," Nelson says.

Nelson says it takes somewhere between three and five years for a new condo to get a good idea of how it should be spending its money. He says if the condo fees haven't gone up after five years, they will likely go up substantially very soon.

Another downside to a new condo can be that people are often purchasing it when it is nothing more than plans on a piece of paper.

"A plan is a plan and a finished product could be completely different," says Clair Whittington, a broker with MaxWell Altima Realty in Regina.

This is in contrast to a resale condo.

"You know what the finished product is," Whittington says.

Having a finished product with a track record can also provide people with some reassurance.

"You may find a little bit more security in a resale building in that you have been seeing what it has been doing in its past and you can get an idea of where it will be in the future," Nelson says.

RICHARD WOODBURY

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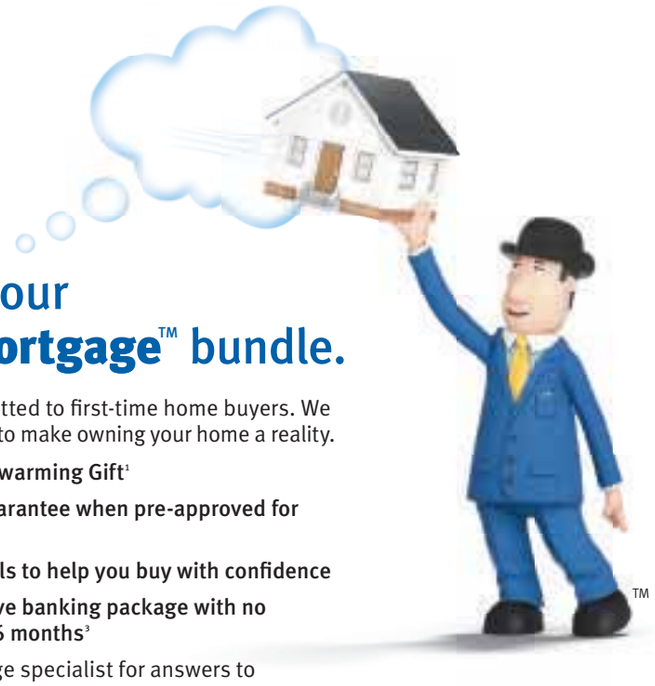

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Leafs lose, but pick up valuable point in playoff race

Maple Leafs goalie James Reimer reacts to a goal from the Rangers' in the second period of Wednesday night's game at Madison Square Garden in New York. Despite a 3-2 shootout loss, the Leafs stayed on pace to make the post-season for the first time since the spring of 2004, which would end a seven-season playoff drought that is the longest in franchise history. AL BELLO/GETTY IMAGES

Charles ramming down CFL, NFL doors

Making his mark.
Whirlwind off-season continues for Regina Rams defensive lineman

Stefan Charles' whirlwind off-season has seen him work out before pro scouts in Tampa, Toronto and Texas. Now the Regina Rams defensive lineman will visit the Seattle Seahawks before meeting with the Indianapolis Colts on Monday.

Such is life for a budding professional football player.

The six-foot-five, 324-pound Charles was in Seattle on Wednesday for two days of meetings. Charles' sitdown with the Colts will be his second with them in just over a week. He spoke with Indianapolis officials during the NFL Super Regional combine at Cowboys Stadium in Irving, Tex., on Sunday and Monday.

Charles and McMaster Marauders defensive end Ben D'Aguilar were among 219 selected to strut their stuff in Texas from the nine previous regional events. While there, Charles met with the Green Bay Packers, New York Jets, Philadelphia Eagles, Houston Texans, Jacksonville Jaguars and Colts.

This after entertaining previous inquiries from the Atlanta Falcons, Dallas Cowboys and Pittsburgh Steelers. Charles also spoke with CFL coaches and GMs last month during the league's combine in Toronto.

"It's been a whirlwind but he's a pretty level-headed guy," said Darren Gill, Charles' Montreal-based agent. "From the start we knew what the objective was, which was certainly the NFL and more importantly getting drafted and we're working towards that."

The goal is to impress pro scouts and secure an opportunity to earn a living playing football, be it in Canada or the U.S. The NFL conducts its draft April 25-27 while CFL teams make their picks May 6.

But the real fun begins after Charles learns where he'll play next.

"His objective is to be in an NFL training camp and at this point we're pretty optimistic that will happen, be it through the draft or as a free agent," Gill said. "As much as he loves going through the combine process and the testing and interviews, he just wants to play football.

Charles, 24, from Oshawa, Ont., has impressed pro officials with his explosiveness and athleticism. He posted an impressive 37-inch vertical jump at last month's CFL combine, two weeks after a 34-inch leap at an NFL regional event in Tampa.

Charles was very dominant in the one-on-one drills in Toronto, solidifying his status as a potential first overall CFL pick should he not sign an NFL deal.

THE CANADIAN PRESS

Quoted

"He's eagerly awaiting the day when he gets to put the pads on again and play some football."

Darren Gill, agent to former Regina Ram Stefan Charles

Something to aspire to

Stefan Charles hopes to follow in the footsteps of former Rams teammate Akiem Hicks who was selected in the third round of last year's NFL draft by the New Orleans Saints.

- Charles amassed 50.5 tackles and 9.5 sacks over three seasons at Regina, where he was a Canada West all-star and first-team CIS All-Canadian in 2011.

CFL

More video review a 'natural evolution'

The CFL's board of governors has approved a rule change allowing coaches to request video review of a missed field goal or convert to possibly overturn an on-field ruling.

"Video review has become a dependable asset to ensure we get the right call on the field," Tom Higgins, the CFL's director of officiating, said in a statement. "And with the technology and number of cameras used in today's telecasts of our games, expanding video review to cover these potential scoring plays is a natural evolution."

Coaches will also now be able to use both of their timeouts any time during regulation time but only one after the three-minute warning in the second half.

Previously, coaches could only use one timeout per half. THE CANADIAN PRESS

NFL

Manning throws 1st tosses to Welker

Peyton Manning threw his first passes to his newest Broncos teammate Wes Welker during a workout Wednesday at Duke.

Welker left the Patriots and signed a two-year, $12 million deal with the Broncos this off-season.

Manning said in an ESPN interview, "There are certain guys you feel like you need it to happen with right away. He's a guy who has a great feel for getting open, understanding route concepts. He played a sophisticated offence in New England. He's smart. You can see why he's such a productive player."

THE ASSOCIATED PRESS

MLB

Blue Jays get bats working in Detroit

J.P. Arencibia and Mark DeRosa gave the struggling Toronto Blue Jays a chance to feel good.

Arencibia hit a three-run double in the seventh inning and the Blue Jays rallied from a five-run deficit to beat the Detroit Tigers 8-6 on Wednesday.

DeRosa cracked a pinch-hit double in the sixth to get the comeback started in earnest.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You need to clear your mind of trivial thoughts and focus only on what really matters, with your career very much to the fore. The rest of the world can waste time on non-essentials.

♉ Taurus
April 21 - May 21
According to the planets, someone is abusing your good nature and you must get tough to make sure they stop. Just because you're a nice guy does not mean you're not allowed to get nasty once in a while.

♊ Gemini
May 22 - June 21
There is something you need to take care of that cannot be delegated to other people. You may not enjoy it that much but you know it must be done. Get it over with now and the good times will soon begin.

♋ Cancer
June 22 - July 23
Yes, someone has betrayed your trust, but is it really such a big deal? Why not just forget about it and move on? If nothing else, others will realize you are not thin-skinned.

♌ Leo
July 24 - Aug. 23
A little bit of effort will go a long way today but don't push too hard. Pace yourself according to your natural limits. Small victories will soon add up to major triumphs.

♍ Virgo
Aug. 24 - Sept. 23
If you give up one thing today, you will gain something much more valuable in the long-term. But do you have the willpower to make the change? If you don't make it now, it may never be made.

♎ Libra
Sept. 24 - Oct. 23
Try not to take what you hear today the wrong way. What you think is bad news may be nothing of the sort. You could just be creating an interpretation that doesn't exist.

♏ Scorpio
Oct. 24 - Nov. 22
Other people seem unable to grasp even the most simple of instructions today, which is so frustrating. There is no point losing your temper as that will only make matters worse.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you agree to new responsibilities, you should ask yourself how they might affect other areas of your life. Cash flow situation isn't everything. Time has value too.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how tempting a social invitation may be, you must turn it down and do something less demanding. There are times when you like to be alone with your thoughts and this is one of them.

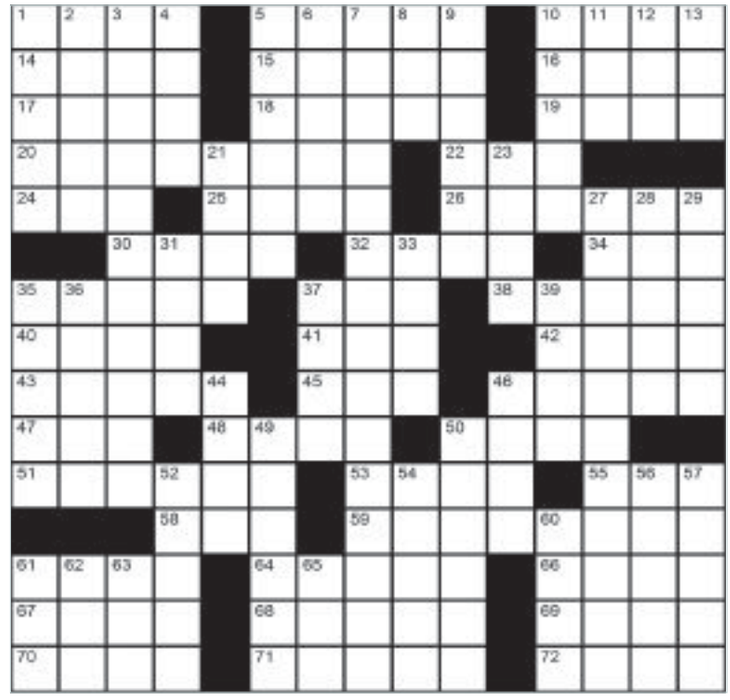
♒ Aquarius
Jan. 21 - Feb. 19
Something you hear while listening in on someone else's conversation will intrigue you and make you want to know more, but you've got to be smart about it. You don't want them to know you're a snoop.

♓ Pisces
Feb. 20 - March 20
Some people have no shame and you will find yourself having to deal with one such individual today. Don't waste time trying to befriend them. Morally you are on different planets. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

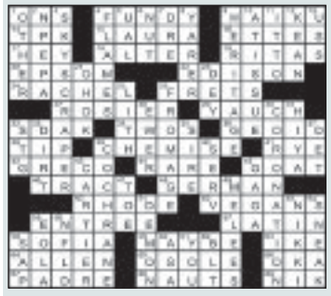
BY KELLY ANN BUCHANAN



Across
1. Cod-like fish
5. Ancient insect trapping/preserving stuff
10. Halifax-born singer, Holly __
14. Belgian imaging corporation
15. Glass: French
16. Singer Mr. Redding
17. Pea: French
18. "Should _ __ the doorbell?"
19. __ and potatoes
20. Type of painting
22. 'Smarter Planet' sloganeer
24. Metres' li'l opposites
25. __-inflammatory
26. BC river
30. Not that
32. The Ramayana heroine
34. 'Gran' add-on (Hiker's treat)
35. Hairy, like a lion
37. Very smart letters
38. Witch assembly
40. Culture medium
41. Wood sorrel
42. Hollywood great Gregory
43. Quick movie appearance
45. Hi's opposites
46. Breath mints brand
47. 'Oct' add-on (Music†interval)
48. Think over
50. Month
51. Canadian bakery since 1882
53. Unwritten
55. Post-op locale
58. "Impressive!"
59.Canadian actress Kate
61. __-Levesque (Boulevard in Montreal)
64. Chilliwack song: "__-_"
66. Juniors = Jnrs/ Seniors = ?
67. Idea: French
68. Take _ __ breath
69. "Let __" by The Beatles: 2 wds.
70. Atmosphere
71. Actress, Parker __
72. Way [abbr.]

Down
1. Labrador community, __ Valley-Goose Bay
2. "Have _ __ time!" (Enjoy!)
3. What The Kardashians mostly have, "_-_ __ __
4. "__ of Eden" (1955)
5. Birds
6. Warrant
7. What were Upper Canada and Lower Canada?: 2 wds.
8. 'West' suffix
9. Get-then-give the present
10. This thing: ,
11. 'Capri' suffix
12. __ Fail (Irish coronation stone)
13. The bar on "Cheers", __. 1895
21. Bug killer brand
23. Bric-a-__
27. Parti Quebecois concern
28. Pick a politician
29. Colonel and Lieutenant
31. Not there
33. Varieties of apples
35. Parrot
36. Tequila plant source
37. Opinion __
39. Unlock
44. 1847 Herman Melville story
46. Select/reject
49. Open a package
50. Clunker car
52. Shannon __ (Canadian wife of rocker Gene Simmons)
54. Ms. Zellweger
56. Breads and pasta, e.g.
57. Not yet established
60. Egyptian Myth: Daughter of Geb
61. Coffee mug part
62. Tokyo, formerly
63. Prefix to 'lithic'
65. Ruckus

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						8	
	9	4		7		6	3	
6			1		9			5
		5	2		4	3		
		9	6		7	5		
4			8		6			9
	3	1		5		8	6	
	5						7	

Yesterday's Sudoku

3	6	9	8	2	5	1	4	7
8	1	7	6	4	9	2	3	5
4	5	2	3	1	7	6	9	8
5	7	4	2	6	3	9	8	1
9	3	6	1	7	8	4	5	2
1	2	8	9	5	4	3	7	6
2	9	3	7	8	1	5	6	4
7	4	1	5	3	6	8	2	9
6	8	5	4	9	2	7	1	3

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